



1st Cavalry Division Pre-deployment Challenges

LTC Larry Applewhite, PhD, LCSW
Division Mental Health Section



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- Ms Stacey Nelsen
- Soldiers & families of the 1st CAV



BLUF

- Preparing for deployment is stressful for:
- Soldiers
- Their families
- The mental health system



Soldier Challenges

- Coping with multiple deployments
- Anxiety associated with deploying
- Aggravation of PTSD symptoms
- Frustration with delaying ETS
- Divided loyalties – family time vs. unit demands



Family Challenges

- Being supportive of deploying soldier
- Deciding to remain in FH area vs. going back home
- Financial limitations
- Maintaining effective communication while coping with stress of pending separation
- Helping children understand upcoming parental separation



Mental Health System

- Deployment schedule – 50% of staff already deployed
- Increase in evaluations from SRP/PDHRA
- Communication between off-post providers and DMHS
- Insufficient time to conduct prevention activities at units
- Reduced capacity to see family members



QUESTIONS?